



Objectives:

1. To expand the variety of fruits and vegetables eaten as a wide variety of fruits and vegetables are identified.



What am I ?

Description:

Play an adaptation of "Pictionary," to identify a variety of fruits and vegetables.

Materials Needed:

- Board or flip-chart
- Markers
- (optional) Cut up samples of fruits and vegetables
- (optional) Plates, napkins or paper towels
- (optional) Toothpicks

Procedure:

Setup and introduction

1. Play "What Am I?"

Divide the students into pairs or teams and explain the game.

"What Am I?" is played like the game "Pictionary." A youth from each pair or team draws a fruit or vegetable so that the rest of the group can guess what it is. Let each pair or team take turns at the board or flip-chart. The first team to get a certain number of points wins.



What Am I?

Continued....

2. After the game, discuss the following:

- What are some of your favorite fruits and vegetables?
- Where in the U.S. are these foods you just named grown?
- Why is it important to eat fruits and vegetables?
- Name some ways to eat a variety of fruits and vegetables every day.
- What new fruits or vegetables were you introduced to with this activity?
- Which of these new fruits or vegetables would you like to try?

Useful resources:

http://www.fns.usda.gov/tn/Resources/cnak_2Youth.pdf

